**Lens Removal Steps:**

1. Remove nose piece by gently pulling it away from the lens.

2. Hold the top frame of the glasses with one hand while grasping the center of the lens near the nose area with the other hand. Gently pull apart to release the mounting tab from the frame. Useful Tip: Use the microfiber bag included with your glasses when grasping the lens to prevent scratches.

3. Once the lens is free in the center, the mounting tabs on the ends of the lens will easily release one at a time to free the entire lens from the frame.

**Lens Installation Steps:**

1. Hold the top frame of the glasses with one hand while grasping in the center and one end of the lens with the other hand. Gently insert the lens into one end by inserting the lens mounting tab into the frame.

2. Repeat on the other end.

3. Gently apply pressure on the lens with your thumbs while applying slight pressure in the opposite direction with your fingers on the frame. This will cause the remaining lens mounting tab to “pop” into frame.

4. Install the nose piece by centering it on the lens and applying slight, even pressure in the center to seat it onto the lens.

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